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First Aid for the Home Folks

Susan Z. Wilder

FIRST AID FOR THE HOME FOLKS

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ACCIDENTS are bound to happen sometime in every home. It may be months before there is a need for first aid, but when the time comes the mother should be prepared. If she has learned how to use simple remedies which she has ready, she need have no fear until the doctor comes.

Home Medicine Cabinet.—The home medicine cabinet gives a compact space where the first aid supplies can be stored conveniently. It

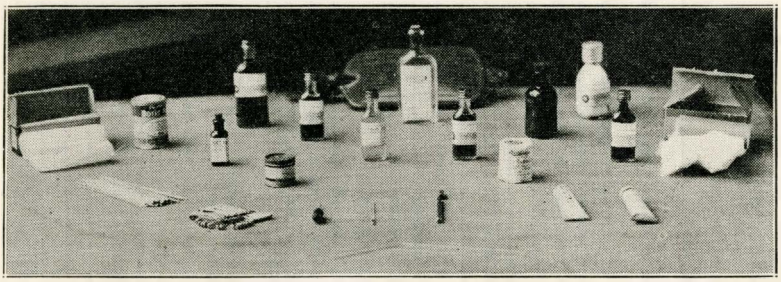

Fig. 1.—Supplies for the home medicine cabinet.

should be provided with a lock so that the small children cannot open it. It may be placed in the bathroom or kitchen. All bottles and packages should be plainly marked. Extra precautions should be taken with the poisons. The state law requires that poisons be marked, but that is not enough. There should be something that will serve as a warning even in the dark. A string with a metal button at each end and wound around the neck of each bottle of poison or a safety pin through the cork are good reminders. Colored bottles may be used only for poisons. One should not go to the medicine closet in the dark. Always use a light and prevent a mistake. It is a good rule to read the label before and after the medicine is poured. Set the poisons together and in the most inconspicuous corner. Always use the same place but do not rely on your memory because some one else may have changed them about. Keep just as few poisons as possible. This will cut down the risk. There are

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HOME MEDICINE CABINET

Medicines	Use	Preparation for Use	Supply	Cost
Alcohol (bath)	rubbing	use as it comes from bottle	4 ounces	$ .25
Aromatic Spirits of Ammonia	before or aft. fainting	one t. to a half glass of water when feel faint or after fainting	1 ounce	.20
Boric Acid Powder (sifter top)	very mild antiseptic	use as wet dressing in infected wounds,and eye wash. 1 T to 2 C water	2 oz. can	.15
Carron Oil	burns	shake bottle—use as it comes from bottle	3 ounces	.15
Castor Oil	laxative	dose for adults—1 T.; children, in proportion to age	1 ounce	.10
Iodine (tincture)	antiseptic (painful)	apply to cut direct from bottle	1 ounce	.15
Mentholatum	rub	use directly from tube	small tube	.25
2% Mercurochrome	antiseptic (no pain)	apply to cut direct from bottle	1 ounce	.20
Saline laxative	laxative		1½ ounces	.25
Soda (baking)	burns or stings	make a paste with water and apply		
Syrup of Ipecac	to promote vomiting	dose is one-half to 1 teaspoon	1 ounce	.15
Zinc Oxide Ointment	skin irritation	dry skin and apply ointment	small tube	.25

SUPPLIES

Absorbent Cotton	dressings	never place hand on under side	1 oz. pkg.	.15
Adhesive Tape	hold bandages in place	may be used in one width or cut in tiny strips	1 small roll	.25
Applicators	swab	make swab by rolling sterilized absorbent cotton around end with clean hands. See illustration	1 box	.50
Bandage—one inch	sterilized bandage to use on cuts or wounds	have hands clean before applying	1 10-yd roll	.10
Bandage—two inch	after an antiseptic	have hands clean before applying	1 10-yd roll	.15
Gauze (sterile)	dressings	never allow hands to touch the side used on wound	1 yd. pkg.	.25
Glass	drinking		one	
Glass Tube	drinking	must be clean—place end in glass so patient lying down can drink	one	.10
Hot Water Bottle	for hot water or ice cap	see illustration. After use, drain and hang top down.	one	1.50
Medicine Dropper	to give small amounts	must be clean	one	.05
Safety Pins—large	to fasten bandage		1 package	.05
Safety Pins—small	to fasten bandage		1 package	.05
Thermometer, clinical	take temperature	rinse in antiseptic and then in clear water	one	1.00

medicines which if administered properly are not poisonous but if handled carelessly are poisonous.

The remedies included in a home supply should be few and carefully selected. There should be only small amounts because they deteriorate. Purchase drugs from reliable druggists. They are chosen with the idea of caring for the patient until the doctor arrives. They are in no way offered as a substitute for the advice of a physician. There is no question but that first aid may be the means of saving life.

Fig. 2.—Taking the temperature and pulse.

Use of Clinical Thermometer.—Shake down the mercury to 95. Normal temperature is 98.6. Take temperature whenever anyone of the family does not feel well. Take readings at 8, 12 and 4 o'clock. Make a record of the readings. When the thermometer is in use during illness, keep it in a solution of alcohol, lysol or some antiseptic. Before using it, rinse with water (not hot) and wipe with clean cloth or cotton. Change solution daily. Put cotton pad in bottom of glass.

Water.—The use of pure water is one of the greatest preventions against disease. The clearness of water is no indication of its purity. The sepage from toilets and barn yards can easily contaminate shallow wells and dam water. Typhoid fever epidemics may result from drinking this water. The fact that you haven't suffered from drinking such water is no indication that you will not. When on a camping tour, be particularly careful of the water you drink. Use only water from deep wells or boil the water a half hour before drinking. To remove the flat taste aerate it. Fill a glass jar half full, replace cap, and shake vigorously. As an extra precaution carry a thermos jug filled with water you know is safe. Eat oranges to quench thirst until you can get to a good water supply. An orange is a perfectly sealed safe drink. You may save weeks of suffering by these precautions. Home folks on tours, particularly camping, should have a typhoid inoculation before starting. Consult your physician at least a month ahead of time.

Food.—The food that the family eats has much to do as a first aid for health. Use fruits and vegetables every day. You cannot eat too much but you may eat too little. Use milk and cereals. Bottled milk or even canned milk is to be preferred on camping trips. Protein foods such as meat, eggs, fish and cheese are generally used too liberally. Use more milk and less of these foods for children. When one is sick, it is a safe practice to cut down on the amount of food, even going without food for a day. Consult a physician if one is "off his feed" for some time. If children,

who have been hearty, are not hungry and are listless, they need watching. A rest, where it is quiet, a broth perhaps and going without one meal may bring them back to normal.

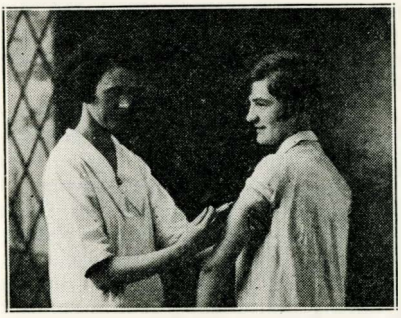

Fig. 3.—Giving typhoid inoculation.

On trips be careful of food. Try to eat at clean cafes. Do not eat wild berries or mushrooms unless you know absolutely what you are getting. It is not a safe practice to buy cold cooked meats. If ever there is a time when the amount of meat should be cut down it is on a camping trip. One is likely to eat too much. Eat more fruits. Try to cook your own meat thoroughly. Eggs come in sealed packages. You know when they are edible. They are safe to buy at farm houses.

Sunburn.—The body should be protected from sunburn. Apply a cold cream liberally. The difficulty is not in the kind of cream used but in the failure to use cream before exposure. Follow the use of cream with powder. Do this before long drives, hikes, work in the garden or swimming. After a time, the sun will tan the skin and it can stand long exposures without burning. Do not wash a sunburn with soap and water. It only increases the irritation. Cleanse the skin with vanishing cream and then rub in a greasy cream. After a number of hours or all night, soap can be used. A neutral soap is the least irritating to the skin.

Chapped Hands.—The housewife who does her own work must have her hands in water. Hard water and soap in laundry work, dish washing and cleaning are trying. Chapped and sore hands are the result. The first thing to do is to neutralize the alkali. When through with the work, wash the hands in vinegar water using one tablespoon of vinegar to one quart of water. Rub the hands with a cold cream. Mutton tallow is very healing and may be used in place of cold cream. Dry the hands thoroughly.

Care of the Feet.—Tired, aching feet may be the result of several conditions. The shoes may not fit. They may not be the type of shoes that one should wear for comfort under the severe strain of housework or tramping. A good shoe has a broad heel, a broad toe, a straight inner line, a flexible shank and is low cut. The stockings may be too short. A change of shoes or stockings may help. Borated talcum powder may be sprinkled in the shoes to relieve tired feet. The burning, prickly sensation may be relieved by rubbing the feet with bath alcohol. For the odor from excessive perspiration, use one teaspoon of formalin to a pint of water.

Antiseptics.—Antiseptics are chemicals used to make wounds germ free. They are generally poisonous but if used according to directions they are invaluable. The slightest cut or scratch should be treated with an antiseptic as a precaution against more serious trouble. It is the infection of wounds where the danger lies. If the miscroscopic organisms can be kept out, the wound will heal quickly. Conditions that result from

careless handling of wounds have been greatly reduced the last few years through the discovery of excellent antiseptics and the education of people to their use. Little children can be taught the need for using an antiseptic. Whenever they are hurt, they will call for it. Tincture of iodine is one of the best. Two per cent mercurochrome is good. It is painless.

Rusty Nails.—No board with rusty nails should be left lying around. In case of accident, wash the wound thoroughly with a disinfectant (iodine). Place a piece of antiseptic gauze over the wound and bandage the foot. Stay off the foot. All punctured wounds should be treated at once by a physician to prevent lock-jaw.

Dog-Bite.—Send for the doctor. A dog-bite should be immediately treated with a disinfectant (iodine). The dog should be shut up and watched. The dog may have been only teased and angered or it may have rabies. In the latter case, he should not be killed but shut up for observation and a veterinarian called. If the dog has rabies, the child should be treated by a physician to prevent rabies (hydrophobia).

Splinters.—Use a sharp needle to remove a splinter. Sterilize the needle in boiling water or in a flame and cool before use. Use an antiseptic (2 per cent mercurochrome) after the removal of splinter.

Burns.—If the skin is not broken, cover the burn with a paste of baking soda. Keep this damp. Bandage lightly. A blister should not be broken. In time the body will absorb it. If necessary to do so, use a sterilized fine sewing needle. Prick the skin from outside the burn and come up into the blister. Use care not to break skin or needle. Burned clothing is cut off the body. Do not remove that on wound. When the skin is broken in a burn, cover the spot with carron oil. Cover with sterilized gauze. Never put cotton batton on a burn.

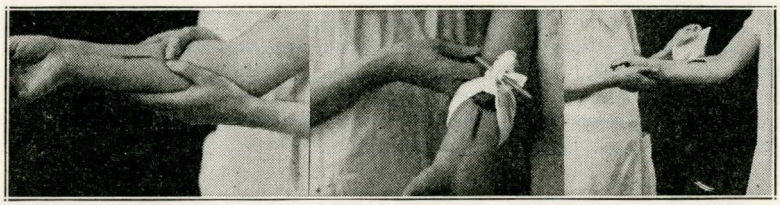

Fig. 4.—Pressure to stop bleeding (left); using tourniquoit to stop bleeding (center); method of applying sterile gauze to cut (right).

Cuts.—Wash cuts immediately with an antiseptic. Pull parts together and wrap them with a clean cloth. A severe cut may have a strip of adhesive tape placed on each side. Pull the cut together by strips of tape.

Cuts that children suffer from could be prevented very largely if greater care were used in the disposal of pieces of glass and tin cans. Scissors, sharp knives, and forks are dangerous things for children to play with.

Shock.—Shock may result from different kinds of injuries. One may appear faint, dazed or weak. Send for the doctor. Place the patient on his back so that his head is slightly lower than the rest of his body. Do not allow him to see his injury. It may make him worse. If not in a

faint, he may be given a hot drink of tea, coffee or aromatic spirits of ammonia unless there is hemorrhage. Do not stimulate heart action then. For a severe cut, use a turniquoit to stop flow of blood. It must not be left on too long, or the wound bandaged tightly. Press hard directly over the bandaged wound to stop bleeding. Cover the body and keep it covered. Rub the limbs toward the body as an aid to circulation. Do not leave patient alone. If he is quiet or sleepy, there is need to continue treatment.

Electric Shock.—Never touch a loose hanging electric wire. It may be a live wire. Stand on a dry board or number of thicknesses of newspaper and poke the live wire off the person with a dry stick. With paper over the hands or wearing rubber gloves and standing on a dry board or many thicknesses of newspaper, the patient can be pulled off the wire. Give the same treatment as for shock.

Poison.—It requires quick action to care for one who has taken poison. Send for a doctor. Meantime make the patient vomit. Use any means but do it quickly. Have him drink lots of warm mustard or salt water, one teaspoon of either to a glass of water. Use cold water if the warm water is not ready. Syrup of Ipecac may be given. Try running the finger down the throat or tickling the back of the throat to cause vomiting. The drinking of mustard water and vomiting should be continued until the stomach is thoroughly rinsed. Milk is good to use as an antidote and can cause no harm.

Fits.—Place a person with fits on his back away from all objects so that he cannot hurt himself. Place a number of folds of cloth between his teeth, otherwise he may bite his tonque. Use a clothespin with bandage around the prongs. Loosen all tight clothing. Keep people away so as to give patient lots of air.

Fainting.—One who has fainted should be placed on his back with his head slightly lower. Loosen all tight clothing. Give him plenty of fresh air. Sprinkle his face, chest and hands with cold water. Rub his limbs toward the body. Have patient bend over as far as possible with head between knees if sitting down when the sensation of fainting comes on. Give aromatic spirits of ammonia; one to two teaspoons to a glass of water.

To Prevent Swelling.—Swelling from black eye or bruise can be prevented somewhat by applying cloths wrung from ice water for the first few hours. Then use heat. Hot olive oil may be used for a massage or cloths may be wrung from hot water. A cloth may be lifted from hot water with a fork and transferred to a towel. By twisting the towel ends in opposite directions, the cloth is wrung dry. A potato ricer is good to wring hot poultices. Do not apply cloth too hot. It may burn. The object of the hot application is to aid the circulation.

Frost Bite.—The patient must not be brought near the heat. Apply snow or cloths wrung from very cold water until the color returns. Rub very gently otherwise the skin may be injured.

Nosebleed.—Use an ice pack or a cloth wrung from very cold water at the back of the neck. A fold of paper may be placed under the upper lip. Use a long strip of cotton and pack the nose firmly. Patient should rest after the bleeding stops. Vaseline may be used to soften the dried blood.

Fig. 8.—Handling a hot water bottle properly.

Fig. 7.—Preventing choking.

Handling a hot water bottle properly.

Fig. 9.—Preparing applicators.

Toothache.—A dentist should be consulted if severe. The pain may be relieved by using hot dry cloths, hot water bottle or bag of hot salt. A piece of cotton saturated in camphor may relieve the pain. For ulcerated teeth, use ice.

Substance in the Eye.—Look on the corners as well as on the lid for the foreign substance. The upper lid may be pulled down and rolled back over a match. The lower lid may be drawn down to find speck. This will often bring the speck into view and it can be removed with a corner of a cloth wet in clean water.

Sprain.—The swelling that may result from a sprain can be reduced by elevating the limb that is injured and applying very hot or very cold applications. Bind the limb tightly. Rest will do more than anything else to bring about a cure.

Choking.—Shaking a child, head down, will generally cause the object to fall out. Hands above the head and a quick slap on the back is effective for the adult.

Hiccough.—Overeating or indigestion may cause hiccough. Drink water slowly. Pull on tongue with a towel or press tongue down hard with handle of spoon.

Fig. 5.—Bend over with head between knees when you feel faint.

Earache.—Call a doctor if earache is severe. A hot water bottle, hot dry cloth, bag of hot salt may relieve the pain. A tiny insect may be removed from ear by pouring in tepid water and draining the ear. Never poke anything into the ear because the ear drum may be injured and deafness result. Pour no water in the ear if the foreign substance is vegetable matter, pea, bean or corn because it will swell and be more difficult to remove.

Poison Ivy.—A thorough wash in soap and water will often prevent the poison taking effect. If a rash appears, wash in baking soda and water. Consult a doctor.

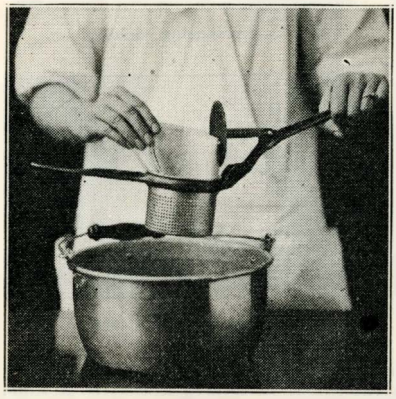

Fig. 6.—How to handle a wet cloth.

Headache.—Headache is generally an indication of a condition that should receive the attention of a physician. The pain may be relieved by cold applications or an ice pack.

Stings.—The pain that results from a sting is due partly to the stinger but particularly to the acidity of the liquid which is injected under the skin. The first thing to do is to pull out the stinger if there is one (honey bees leave a stinger in the flesh. Wasps do not). Apply a baking soda paste because it is alkali and will neutralize the acid.

Object in the Nose.—Children often force tiny objects into the nose. Place a finger over the nostril and blow hard from the one with the object. Take the child to a physician if the object cannot be removed immediately.

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